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**From:** President of CSU Maritime Academy  
**Sent:** Tuesday, March 3, 2020 11:53 AM  
**Subject:** Update: COVID-19



**SENT OF BEHALF OF STUDENT HEALTH SERVICES**

Update: COVID-19

**While there is no evidence of coronavirus activity at Cal Maritime**, we wanted to keep you up to date with the situation regionally. There have been three cases of confirmed coronavirus (COVID-19) in Solano County as of 3/2/2020.

On February 27, Solano County issued a proclamation of emergency related to COVID-19, an act which will help mobilize resources and funding to protect the health and safety of people in in Solano County.

**Solano County Public Health Department has advised that the risk to the public currently remains low, but it is taking the situation seriously.**

Cal Maritime is monitoring the situation and tracking information from Solano County, the California Department of Public Health, and the Centers for Disease Control. The CSU Office of the Chancellor continues to offer guidance to the 23 CSU campuses.

**While university activities at Cal Maritime currently continue unaffected during spring semester**, we continue to prepare for any steps needed as more information becomes available and will communicate any key updates.

*What you can do:*

Reduce the chance of infections (including colds and flu that are occurring seasonally) by:

- Avoid close contact with people who are sick
- Avoid touching eyes, nose, and mouth
- Stay home when sick
- Cover a cough or sneeze with a tissue, then throw the tissue in the trash
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Travel Guidance from CDC (partial list)

Italy- Avoid nonessential travel (Level 3)

China- Avoid nonessential travel (Level 3)

South Korea- Avoid nonessential travel (Level 3)

Check <https://wwwnc.cdc.gov/travel> for additional travel advisories prior to planning international travel

Stay up to date on COVID-19 by accessing reliable information.

<http://www.solanocounty.com/depts/ph/ncov.asp>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters>

<https://www.csum.edu/web/health-services/health-alert>

Manage fear and worries around coronavirus

- Keep things in perspective- take a break from media reports as needed and focus on positive things that you have control over
- Take steps to stay healthy including getting adequate sleep and nutrition.
- Check assumptions- someone with a cough or fever does not necessarily have COVID-19. (Colds, influenza, and other respiratory viruses are common during winter and early spring).
- Misinformation, denigration, and stereotyping of Asian Americans are fear-based rather than fact-based and are counterproductive.
- Stay connected with social networks and find healthy outlets for managing stress
- Seek mental health support if worry or anxiety become overwhelming

If you have signs of fever and/or respiratory illness after a known exposure to COVID-19 or have returned from international travel to an affected area, contact your medical provider for advice and self-isolate until evaluated.